



# Moccasin Trail

TSIOTHÓHRHA / DECEMBER 2020

## Points of Interest:

- OFA Update from the Director
- Renew your Club Membership for 2021
- NYS Resources for Caregivers
- Tips for a Slip-free Sidewalk
- 7 Safe Ways to Celebrate Christmas
- Christmas Craft Kits



## **RULES OF CONTEST:**

1. Have fun, be unique and show your creativity.
2. It could be store bought or home made wreaths and any other door decorations.
3. Either send a picture on Facebook messenger to Katie Boots-Lazore, or call Activities Dept. and we will come take a picture by Tuesday, December 22nd.

Winners will be announced on the Saint Regis Mohawk Tribe's Facebook page and on CKON They will also receive a special Christmas surprise!

## **CATEGORIES:**

Most Traditional, Most Creative, Most Festive



**The Building is CLOSED to the Public  
until Further Notice**

# From the Director's Desk...

She:kon,

I am disappointed to tell you that we will not be able to re-open the senior center for indoor meals and activities until sometime in the new year. This was a difficult decision. It was based on the COVID positive case numbers in the community and the expectation of a bad flu season. This does not mean that we are stopping services. The staff will still be delivering meals and providing other services. We are working on bringing activities such as exercise classes and Mohawk language classes to you online. We are also getting our own Facebook page! We have a variety of activity packets, art packets, puzzles, and books available. Just call and let us know what you need. Legal Aid Services, Benefits counseling, and many other services are still operational. Don't forget to take advantage of our delicious Grab and Go meals. Keep Safe, Healthy, and Happy. We will see you in the New Year.

Nia:wen,

Lora Lee La France

SRMT Office for the Aging Director



## Senior Club Update:



### **Membership Renewal!**

*Please mail your membership fee of \$5.00 American to the Saint Regis Mohawk Senior Club:*

**P.O. Box 1106  
Hogansburg, NY  
13655**

**2021**

*If you have any questions, please call Karen White at 518-319-5267*



## Combating Social Isolation!

'Joy for All' robotic companion pets are designed to reduce social and emotional isolation and bring comfort, companionship, and fun to older adults.

Please call us if you are interested in a free one for yourself or someone you think could use one. We have cats available now at Seniors! (518) 358-2963



# New York State Office for the Aging Honors Caregivers During National Family Caregivers Month



More than 4 million NYS Caregivers provide 2.6 billion hours of unpaid care to a loved one annually; COVID-19 Pandemic has increased strain on family Caregivers

Albany, NY—November is National Family Caregivers Month, a time to recognize and say “thank you” to the millions of people in New York State and across the country who provide care and support to their loved ones every day so they can remain safe and healthy in their homes. The emergence of COVID-19 has caused an upheaval across New York and the world, which has placed an even greater strain on New York’s more than 4 million family caregivers. “Caregivers are the backbone of our health and long-term care systems. They provide, with little fanfare, essential tasks to help their loved ones remain safe and healthy at home,” said Greg Olsen, Acting Director of the New York State Office for the Aging. “Caring for someone else brings joy but can also be stressful and exhausting, particularly during this unprecedented time. As older adults remain at greater risk for COVID-19, it has put even more pressure on caregivers, and they need access to resources that help them support their loved ones as well as allow them to focus on their own health and wellbeing.” Caregivers help their loved ones remain healthy and independent by providing vital assistance with a wide range of needs, including personal care and financial, medical, social, and emotional supports. The responsibility of serving and supporting another person brings fulfillment but can also be challenging, and the strength and compassion exhibited by caregivers is a labor of love. Many caregivers do not self-identify as such and therefore do not access the benefits or services they may need or be eligible for. Caregivers acknowledge their need for services like respite care and legal help, but often do not know that such services are available or how to obtain them. New York State has many resources to support the critical role caregivers play in their families and communities. NY Connects (800-342-9871) is the statewide system for anyone who needs information on long-term services and supports, including supports for caregivers.

## **COVID-19 Resources for Older Adults and Caregivers:**

- *NYS Department of Health Coronavirus website and hotline:* <https://coronavirus.health.ny.gov/home>; 888-364-3065
- *CDC: Caring for Someone Sick at Home:* <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>
- *Managing Stress and Anxiety:* Free science-backed, evidence-based guided meditations, at-home mindful workouts, sleep, and kids content to help address stress and anxiety: [headspace.com/ny](https://www.headspace.com/ny)
- *Combating Social Isolation:* Joy for All robotic companion pets designed to reduce social and emotional isolation and bring comfort, companionship, and fun to older loved ones: [joyforall.com](https://joyforall.com) (20% discount for New Yorkers – use ‘NYS20’ at checkout)
- *NYS COVID-19 Emotional Support helpline:* 844-863-9314
- *NYS Office of Addiction Services and Supports:* <https://oasas.ny.gov/covid19>
- *NYS HOPEline:* 24/7 help with addiction, substance use, and gambling: 877-846-7369 | Text HOPENY (467369)
- *NYS Domestic and Sexual Violence hotline:* 800-942-6906
- *National Suicide Prevention hotline:* 800-273-TALK (8255) or text Got5 to 741741



# Tsiothóhrha/December

<b>Kiokierénhton</b>	<b>Tekeníhaton</b>	<b>Ahsénhaton</b>	<b>Kaieríhaton</b>	<b>Wiskhaton</b>
	<b>1</b> Beef Barley Ham Sandwich Pineapple Chunks	<b>2</b> Chicken Broccoli Alfredo Garlic Bread Pears	<b>3</b> Fish on a Bun Coleslaw Fries Fig Newton Cookie	<b>4</b> Sweet-n-Sour Pork Noodles Oriental Veggies Roll Yogurt & Berries
<b>7</b> Cheeseburger 3-Bean Salad Melon Cup	<b>8</b> Italian Sausage Rigatoni Mixed Veggies Italian Bread Peaches	<b>9</b> Breakfast Egg Muffins Orange Juice Cantaloupe Slices	<b>10</b> Sweet Potato Soup Biscuit Cookie	<b>11</b> <b>Christmas Meal</b> Prime Rib Mashed Potatoes Roasted Veggies Pie Dinner Roll
<b>14</b> Baked Ham Potatoes Veggies Roll Peaches	<b>15</b> Chili Johnny Cake Fresh Fruit	<b>16</b> Meatloaf Mashed Potatoes Carrots Roll Cookie	<b>17</b> Cream of Broccoli Soup Ham Sandwich Cookie	<b>18</b> <b>CLOSED</b> <b>Planning Day</b> 
<b>21</b> Beef Stir-fry Brown Rice Roll Chocolate Pudding	<b>22</b> Potato Crusted Cod Boiled Potatoes Carrots Roll Banana Pudding	<b>23</b> Salisbury Steak Mixed Veggies Italian Bread Apple Crisp	<b>24</b> Chicken Cordon-Bleu Boiled Potatoes Green Beans Roll Fruit Cocktail	<b>25</b> <b>CLOSED</b> 
<b>28</b> Baked Chicken Roasted Potatoes Mixed Veggies Roll Apple Cobbler	<b>29</b> BBQ Pork on a Bun Corn Butterscotch Pudding	<b>30</b> Spaghetti Garlic Cheese Bread Pacific Blend Veggies Birthday Cake 	<b>31</b> Corn Soup Biscuit Tapioca Pudding <b>NEW YEAR'S EVE</b>	Call the Center if you will not be home for your Home Delivered Meal at <b>518-358-2963</b>  Menu is subject to change do to the availability of produce

Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding

# EXTREME COLD

## PREPAREDNESS TIPS FOR HOME

Extreme cold weather can be hard on both you and your home. Here are some tips to put into practice when freezing weather, snow and ice hit Akwesasne.

### INSIDE:

- Open kitchen and bathroom sink cabinets to allow warmer air to circulate to allow warmer air to circulate around plumbing.
- Leave the heat set on at least 55 degrees while away.
- Never use a stove/oven or grill to heat your home.
- Place space heaters on level, hard surfaces at least 3 feet from anything flammable.
- Install and test Carbon Monoxide detectors.
- Keep anything that can burn at least 3 feet from any heat source like fireplaces, woodstoves, radiators or space heaters.
- Plug only 1 heating appliance (such as a space heater) into an electrical outlet at a time.



### OUTSIDE:

- Insulate water supply lines that run through unheated areas.
- Caulk cracks and holes in outside walls and foundation near pipes.
- Make sure that all exterior windows and doors are air tight.
- Know where and how to shut off the main water supply.
- Make sure you have sufficient heating fuel in extreme cold temperatures.
- Keep portable generators outside, away from windows and as far away as possible from your home.
- Have a qualified professional clean and inspect your chimney and vents once a year.
- Store cooled ashes in tightly covered metal container and keep it outside at least 10 feet from your home and nearby buildings.



# SIMPLE WAYS TO KEEP SIDEWALKS SLIP-FREE ALL SEASON LONG

Have you ever seen your life flash before your eyes as your feet slipped out from under you on a particularly icy winter day? Or cringed as you watched Jimmy, your favorite pizza delivery guy, weave and wobble his way toward your door? Luckily, there are several simple ways to keep your sidewalk and driveway free of ice to help you avoid future slip-ups. Plus, they'll even help prevent the potential liability claim that could come up if Jimmy and your precious pizza experience a less-than-comfy landing on your front steps.

## Rock salt

Rock salt, also known as sodium chloride, is used to melt ice and prevent new ice from building up on roads, sidewalks, and parking lots across the country. Inexpensive and relatively easy to track down, rock salt is popular for home use too.

### Pros

- Helps melt existing ice and prevents new ice from forming, making it effective when streets and sidewalks can't be cleared quickly enough
- Known to reduce the number of car accidents on city streets
- Inexpensive and widely available

### Cons

- Can be harmful to animals (salt exposure can cause irritated paws, dehydration, bacterial infections, and other ailments)
- Can speed up the rusting process in metal and damage concrete over time
- Can damage shrubs and other plants when over applied
- Salt runoff can pollute local waterways
- Only works properly at temperatures above 14°F

Rock salt may be one of the most efficient ice melting products on the market, but it can also be harmful to the environment. This is an external link in high amounts — and when road maintenance crews and neighborhoods full of sidewalks and driveways all choose to use salt, it can add up pretty quickly. So before you grab that big bargain bag of rock salt and scatter it on your slippery sidewalk, you may want to consider other alternatives.



GET IT NOW

## Sand

Sand can be spread on top of ice and snow to add traction and prevent slipping on roads and sidewalks. While it doesn't melt ice or snow like salt can, it does give extra grip when applied properly (and reapplied as needed).

### Pros

- Provides traction on icy or snowy roads or sidewalks
- Works at any temperature as long as it is applied consistently over the ice and reapplied regularly
- Safer for the environment and animals

### Cons

- Doesn't melt ice or snow, so it has to be reapplied as new snow or ice builds up on the concrete
- Doesn't dissolve like salt, so it can leave more residue behind (and extra cleanup on your part) when the snow or ice melts

## Pet-safe de-icers

Some de-icing products pride themselves on being salt-free and animal-friendly. Visit your local pet store to find out what's best for your four-legged friend.

### Pros

- Easier on paws than rock salt
- Adds traction to ice to prevent slips
- Safe for plants and shrubs
- Melts ice and prevents new ice from building up

### Cons

- Some say these no-salt formulas aren't as effective as rock salt when it comes to melting ice
- Much more costly to purchase than salt or other alternatives
- Color of some products may be messy when tracked into the house

## DIY alternatives to salt

The answer to your slippery porch problems could be hiding in plain sight in your own cupboards. Many household products (like dry coffee grounds, birdseed, non-clumping kitty litter, or ash from your fireplace) can provide good traction on icy surfaces. While some of these may be messy and likely won't melt ice, they can prevent nasty bumps and bruises when they're scattered on sidewalks and porches.

There are many more homemade and store-bought deicing options available. Be sure to do your research and weigh the pros and cons of each before you make your pick, and it wouldn't hurt to test out a small area before you dive right in with an alternative solution.

### Help Us Help You!

To those receiving **Home Delivered Meal** services:

It's that time of year again...Please be make sure that your sidewalks, steps, and porches are safe for our delivery drivers!

We like to help you as much as we can, but can't if we get hurt from slipping on ice. Please take the proper precautions

To help us and you.

*NIA:WEN!*





# 7 Safe Ways to Celebrate Christmas!

*(That doesn't include Zoom!)*

Here's how to find joy this holiday season—even if coronavirus cases change your traditions. This Christmas, it may be hard not to feel a little Grinchy. But before you say, “Bah, humbug,” and try to fast forward into the new year, look for ways to find some fun this holiday season. The coronavirus pandemic may mean your Christmas won't look exactly the same as it usually does, but you can get creative and find some new ways to celebrate—and some of your ideas may be so good you'll make some new traditions along the way. Here's how to make your Christmas special, even if concerns about COVID-19 mean you'll have to celebrate the holidays away from your friends and family.



## *Prioritize the traditions that matter most to you*

“Think about what is the essence of the holiday for you, so you can try to preserve it,” says happiness expert Gretchen Rubin, author of *Happier at Home*. “Even if you're not doing everything you used to, you can set up the holiday decorations, if that's really important, or make the special foods you love.”



## *Do your gift shopping and shipping early*

Since more people will be shopping online to avoid the stores, shipping companies will be inundated—so you'll want to shop and send gifts early to make sure they arrive right on time. (Check the USPS holiday shipping deadlines to make sure you're on track.)



## *Trim a tree outdoors*

Since you might be entertaining outdoors more than you usually do this time of year, this is the year to go overboard with decking out your deck or patio—and adorning an outdoor-friendly tree (or even a live Christmas tree in a planter) with LED lights and shatterproof ornaments is the way to go.

(Tip: Use twist ties or florist's wire to secure the ornaments to the tree, so they'll stay put even in a stiff wind.)



## *Make Special Memories*

Yeah, you and your household members may be a little tired of each other right now, but think of fun ways to help set the holiday season apart. Create a little advent calendar with festive activities for each day, rather than a treat. Your Christmas activities don't have to be elaborate—it could just be drinking hot cocoa together wearing Santa hats or watching one of the best Christmas movies on Netflix—but it'll help make the season brighter.



## *Find ways to make the most of your time with loved ones*

To keep everyone as safe as possible, your best bet is following CDC recommendations and avoiding indoor get-togethers. (An outbreak of COVID is the Christmas gift that no one wished for.) And that means if you live in the northern part of the country, your time together will probably need to be briefer (and chillier) than you'd probably like. Zoom fatigue is real, though: If you can, make events in-person and outdoors, even if it means a quick chat while everyone's bundled up.

When gathering in person outdoors, consider keeping celebrations to the daytime hours, when it might be a little bit warmer and more comfortable to spend time outside. Look for outdoor activities that can be socially distanced and keep you active, like sledding or snow-fort making. And don't forget to serve hot foods and drinks to help keep everyone toasty. Do your Secret Santa or white elephant gift exchange around an outdoor picnic table or fire pit; for ugly sweater competitions, strategize layering options so you can show off your light-up sweater and stay warm at the same time.





## *Spread some Joy*

If 2020 has taught us anything, it's how much the people in our lives mean to us, so go ahead and spread some happiness where you can. Write down how much the people you love mean to you and send it out to them. Make Christmas cookies and leave some with your friends and neighbors—or drop off pizza or other treats at a local nursing home, hospital, or fire department to brighten the lives of the people there.



## *Remember that what's different may make this holiday special*

You may not remember exactly what happened at the holidays from year to year, but when something this different happens, it'll stick out. "Things that go wrong often make the best memories," Rubin says. "This exceptional holiday season will probably be more memorable because it's so different. We just have to find a way to make the most of it."

Source: [realsimple.com](https://realsimple.com), article by Lisa Milbrand

# Christmas CRAFT KITS!



## Picture Frame Scrapbook

Christmas is the perfect time of year to feel all cozy and warm. We have created this kit for you to hopefully bring out the goodness of the Holiday. We have included in your kit an arrangement of papers and embellishments and a wooden frame. You can choose to paint the frame any color you want or use the paint we included, you may also wish to leave it alone. Everything is totally up to you, including the way you arrange the papers. You may also wish to use anything you have at home or even some old pictures.

## Christmas Ornaments

In this kit you will find different wooden cutouts that you can paint any way you would like. We have included some paints and brushes and a few pictures to get the creative juices flowing. Plus there is fabric and Styrofoam balls for you to create Christmas ornaments. If you have an idea please feel free to reach out to us in the activity department and we can see what we can make up for you. It is a hard time everyone is going through and being creative is a good healthy way to deal with it. Remember we are all in this together!



## No-Sew Sock Snowman Craft

Whether you are looking for a cute DIY gift or for a unique door stopper this no-sew sock snowman craft is certainly something to try. This craft is perfect for everyone who has been experiencing the missing sock phenomena (which is everyone really) as now you know what you can do with all the odd socks.





## **Christmas Burlap Gift Bags & Oven Mitts**

With just paint and stencils, create your own Christmas sack for either decoration, storage, or use as a gift bag!

## **Felt Christmas Stocking Applique Kit**

Craft a handmade heirloom with this festive Bucilla Santa's List Felt Stocking design. Stitch a jolly scene of Santa checking his list while a happy snowman packs his bag or the stocking sample pictured. This kit comes with high-quality materials and embellishments to complete this stocking from start to finish. This stocking kit includes stamped felt, embroidery floss, sequins, beads, needles and tri-lingual instructions. Make your holiday special with this sentimental felt stocking you can pass on to generations to come.



## **Mesh Christmas Wreaths**

We have kits available in all different colors and greeting signs. Even wires in the shape of candy canes (first come first serve). Joy has learned different and easier way to assemble so if you have any issue's or get confused, give her a call and she will be happy to help.



We are also working on getting materials for do it yourself unicorn bath bombs as gifts to give and trying to order materials for pool noodle Christmas lollipop decoration posts.

# **CRAFT ROOM UPDATE:**

We have been working on sprucing up the Craft Room since we have been given the gift of time! Activity Assistant Joy with the help of our maintenance men Andrew and Johnson restored our big craft/meeting table. The guys replaced the frame and made it more stable and Joy sanded and painted it. She also added beautiful stenciled flowers to finish. We bought a Cricut Maker which is an electronic machine that cuts, draws, and sews anything we want to make. It gives us the flexibility to create our own designs and project ideas. A new peg board was put up so we can see all of those small craft materials. Joy's office will be moved into the Craft Room to make it easier for her to research crafts, stay organized and keep track of all of our materials. When the time comes for us to open, we are planning on making appointments for one-on-one craft classes. The brand new 55" flat screen TV will help us explain and give insight on instructions, ideas, and video's of any kind.

Please call Joy or Katie to reserve your Craft Kit, or if you need help with putting together at (518) 358-2963.



If you would like to receive the Moccasin Trail Newsletter via email, please email Activity Coordinator at [katie.boots@srmt-nsn.gov](mailto:katie.boots@srmt-nsn.gov)

The Newsletters are also available on the Saint Regis Mohawk Tribe's Facebook Page every month!



# Satonhá:ren tsi Sahsiérite

*Best Wishes on your Birthday and throughout the coming year!*



- 2- Rose Dillon
- 3- **Dave Mitchell**  
**James Lazore**  
Cecilia Reid
- 4- Mona Jacobs  
Ruth Campbell
- 6- **Beatrice H. White**  
**Dennis Phillips**
- 7- **John 'Tony' Swamp**
- 10- Elouise Laughing
- 11- **Carol Lazore**  
Margaret Hamelin
- 12- **Phyllis Mossow**  
**Kerry Mitchel**
- 13- **Carol LaDue**  
Lois Jordan
- 14- Sylvia Bero

- 15- Alex Roundpoint
- 16- **Vernie Herne**  
**Marthe Lindgren**  
Karen Lalonde
- 17- **Inez N. Cook**  
Emily Bradshaw
- 18- Marilyn Gale
- 19- Greg Cole
- 21- **Ward Cook**  
Dawn Boice
- 22- Carol White  
Ernest Samphier
- 23- **Debbie Thompson**  
Judith Vankennan  
Judith Printup
- 24- Minerva White
- 25- **Richard LaDue**

- Mabel White
- 26- **H. John Bero**  
**Ellen K. Planty**  
Selena Smoke
- 27- **Katherine Foley**
- 28- **Brenda LaFrance**
- 29- Gloria Lazore  
Charlene Spieler
- 30- **Lawrence Cook**  
**Debbie Cree**
- 31- **Gerald Thompson**  
**Mary O. Burnham**

**Bold are Saint Regis  
Mohawk Senior Club  
Members**



Congratulations!

**ARNOLD PRINTUP**

**& GORDON DELORMIER**



## Winners of our November Coloring Contest!

Arnold and Gordon both received a free lunch on our planning day. We had 13 participants this month. All of the staff voted and chose 2 of their favorites of both coloring pages. The next Coloring Contest will be distributed on Wednesday, December 2nd and they need to be back to us by Tuesday, December 15th by 12:00 pm at the latest. Any senior can participate in these contests! Don't forget by participating you get your name in for a draw. The draw for November and December will be on December 15th. Get those coloring pages in for your chance to win! Any senior can participate, just ask for a coloring page and we can run it out to you if you pull up outside the building. Or give Katie or Joy a call and we will get one to you and pick up when your finished. (518) 358-2963.





**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**

\*Newsletters may also be received by e-mail

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

Presorted Standard  
 US Postage Paid  
 Akwesasne, NY  
 PERMIT # 4

If you are not the Addressee, please  
 notify us of our mistake.  
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

## Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:  
[www.srmt-nsn.gov/office\\_for\\_the\\_aging](http://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to  
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
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